

1 CLAIMS:

2 1.A device for conditioning arms and upper body muscles wherein said device  
3 for each arm includes a glove section and a forearm section, said glove and  
4 forearm sections being formed of one or more pliable materials; a weight  
5 comprising a plurality of weights located, attached to or integrated with forearm  
6 section; and a fastening member connected to said forearm section.

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8 2.The device of claim 1, wherein said weight is attached to said forearm section  
9 by a pocket, located contiguous to said forearm section, said forearm section  
10 receiving and holding said weight.

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12 3.The device of claim 1, wherein said weight comprises a plurality of objects  
13 enclosed by a pliable material, such that said weight is flexible and is able to  
14 conform generally to the shape and dimensions of the wearer's wrist or forearm.

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16 4.The device of claim 3, wherein said plurality of objects consists of iron sand or  
17 some similarly dense material.

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19 5.The device of claim 1, wherein said fastening member comprises one or more  
20 straps that connect one side of said wrist and forearm sections to the other side of  
21 said wrist and forearm sections.

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23 6.The device of claim 1, wherein said fastening member comprises one or more  
24 zippers that connect one side of said wrist and forearm sections to the other side  
25 of said wrist and forearm sections.